

Safe Food Handling

Sometimes food can make us sick. This happens when we eat spoiled food. These tips will help you:

Always wash your hands with warm water and soap before and after touching food. Make sure all the things you use to prepare food are clean.

Use a cutting board. Wash it with hot water and soap before and after each use, especially after cutting meat. Use separate cutting boards for meat and vegetables.

When handling meats, keep their juices away from other foods. Rinse all fruits and vegetables under running water. Frozen meats need to stay cold while they thaw. Thaw in the refrigerator, the microwave or in cold water. Do not freeze meats again that you have already thawed out.

***Remember:
Practice good
cleaning
habits when
preparing
food.***



Cooking and Storing Leftovers:

- ▶ Cook meat and eggs until well done.
- ▶ Do not leave cooked food on a counter or other room surface for more than two hours.
- ▶ Refrigerate leftovers within two hours. In hot weather, refrigerate within an hour.
- ▶ Cook stuffing and meat separately. If you want to stuff chicken or turkey, then do it just before cooking.
- ▶ Store leftovers in shallow dishes in the refrigerator so they cool faster.
- ▶ When reheating leftovers, make sure the food is well heated.
- ▶ Keep your food hot or refrigerated until it is time to serve it.

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